

GILMORE GARDENS WEEKENDER HIGHLIGHTS



September 5th, 2025

IN HOUSE NEWS

Please note that we will have contractors in to clean the First Floor common area carpets on Monday, September 8th. The cleaning will start in the evening after dinner service.



A gentle reminder to all residents that **only the blueberries and herbs are offered** for you to harvest from our gardens. All other produce (strawberries, cucumbers, peas and tomatoes) are grown by specific individuals and we request you do not pick these. Thank you for your cooperation.

REMINDERS

Come for a fun hour of our new game, **Ball Challenge** on Saturday, September 6th at 1:30PM in the Activity Room. Invite your neighbour and challenge the other teams!

Sign up for a seat on the bus for our **Bus Outing: Shopping Trip to Seafair** on Monday, September 8th at 11:30AM. Make a shopping list and remember your re-usable bags!

Get ready to roll that ball and see if you can hit a 'strike' and knock down all the pins at **Indoor Bowling** on Monday, September 8th at 1:45PM in the Activity Room!! It brings lots of cheering!

If you enjoy a special treat, we have **Ice Cream Floats on the Patio** on Monday, September 8th at 3:00PM on the Country Kitchen Patio. You can choose from root beer, orange crush or coca cola!



We have a **Bus Outing: Lunch at Country Meadows Golf Club** on Wednesday, September 10th at 11:30AM. The dining area looks out onto the beautiful golf course. You can choose your lunch from a delicious and varied menu! Remember to sign up in the Activity Room.

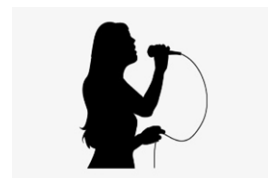
Everyone is invited to our **Happy Hour with Margaritas** on Wednesday, September 10th at 3:00PM in the Club Lounge! We have both alcoholic and non-alcoholic margaritas – so you can take your pick! Invite your neighbour and enjoy some social time together!




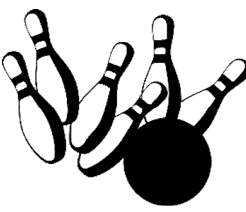






Are you in a creative mood? Join "**Artful Enrichment**": **Paint a Sunset Silhouette** on Thursday, September 11th at 1:30PM in the Activity Room. This will be a step-by-step virtual session that is easy to follow so come and enjoy it even if you have never painted before!

Sign up for our **Bus Outing: Steveston Village** on Friday, September 12th at 11:00AM. Steveston Village is close by and has a lovely boardwalk and marina, interesting stores, a Save on Foods and many coffee shops and restaurants to explore! Come for a change of scenery!

Come for a fantastic hour of music at **Entertainment with Hand Over Heart** on Friday, September 12th at 2:00PM in the Fireside Lounge. Afterwards, enjoy a glass of complimentary fruit punch or purchase a glass of wine or beer at **Happy Hour** from 3:00PM-4:00PM in the Club Lounge where you can enjoy tasty appetizers from our Kitchen every Friday!



Weekly Calendar for September 6th – 12th, 2025

Saturday, September 6 th		Sunday, September 7 th		
8:30AM 10:00AM 11:00AM 1:30PM 6:00PM 7:00PM	Nails with Angie Armchair Exercise Video Tai Chi Ball Challenge Mah Jong Movie Night: Rocketman		10:00AM 10:30AM 11:00AM 1:30PM 7:30PM	<div style="text-align: center;"> National Grandparents Day  Armchair Video GPUC Worship Service Gentle Fit with Winnie Tech Time with Erin Sing Along with Roger </div>
Monday September 8 th	Tuesday September 9 th	Wednesday September 10 th	Thursday September 11 th	Friday September 12 th
10:00AM Chair Fitness 11:00AM Go4Life Walking Club 11:00AM Armchair Exercise Video 11:30AM Bus Outing: Shopping Trip to Seafair 1:45PM Indoor Bowling  3:00PM Ice Cream Floats on the Patio 7:30PM Bingo	10:00AM Armchair Video 11:30AM Meditation 2:45PM Fit Minds  6:00PM Mah Jong  7:00PM Crib/Chess	10:00AM Armchair Exercise Video 10:30AM Catholic Prayer & Communion 11:00AM RMS Ukulele Lessons 11:30AM Bus Outing: Lunch at Country Meadows Golf Club  1:30PM Chair Yoga with Lauren Video 1:30PM Billiards 3:00PM Happy Hour with Margaritas 7:00PM Rummikub	Hairdresser 10:00AM Chair Fitness: Strength & Balance 11:00AM Go4Life Walking Club 11:00AM Armchair Exercise Video 1:30PM “Artfull Enrichment”: Paint a Sunset Silhouette  7:00PM Game of Hearts	Hairdresser 10:00AM Osteofit with Robin Masters 11:00 Play Reading with Stephen 11:00AM Advanced Armchair Video with Curtis 11:00AM Bus Outing: Steveston Village  2:00PM Entertainment with Hand over Heart  3:00PM Happy Hour 3:30PM Table Tennis 6:00PM Mah Jong